

Šakpe ti News

January/February 2018



“A Place to Call Your Own”

Inside:

- General Information
- Weekly/Monthly Activities
- Educational Classes & Discussions
- Health & Wellness
- Day Trips
- Special Events
- January Calendar
- February Calendar

Page:

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

General Information

šakpe ti Senior Lounge

Sounds like ‘Shock pay tee’ — meaning Little Six Room. The Shakopee Senior Center is a place that is welcoming, warm, and open to meet new & rekindle old friendships.

The Center is a hub of activity for **ALL** adults and seniors.

No Membership required to participate in Senior Center programs.

* * * *

Greeting Cards

.50/Greeting Card

Purchase your greeting for your next occasion at the Community Center.

Located in the lobby lounge area.

Carla's Corner

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Sr. Advisory Board Election Results:

- John Hogen, Chair
- Gwen Ellingson, Vice-Chair
- Sue Westegaard, Secretary
- Elaine Habeck
- Barb Jensen
- John Otto
- Ruth Siefert

Congratulations to all of you!

Registration Deadlines:

All programs with a fee has a registration deadline. **Full refund** is given programs are canceled by the Parks and Recreation Department. If you cancel prior to the registration deadline, we will refund your registration fee, minus a \$5 processing fee. **No refunds** will be given if a cancelation is requested after the registration deadline.

*Thank you,
Carla*

Front Cover Picture:

*Ruth Siefert - Recreated
Greeting Card Volunteer*

3 Easy Ways to Register:



On-Line



In-Person



Mail-In

šakpe ti Sr. Lounge Hours:

Monday – Friday 8 am -3 pm

Staff:

Carla Kress

Senior Center Coordinator

952-233-9516 or ckress@shakopeemn.gov

1255 Fuller St. S

WEEKLY / MONTHLY ACTIVITIES

CARDS & CONVERSATION

Join us for cards, conversation and coffee. Seeking players for 500, Sheephead & Cribbage.

When: Tues/Thurs
Time: 9 a.m. - noon.
Fee: FREE

CRIBBAGE

Take time out for a game of cribbage. We are seeking more players so please stop on by.

When: Tues/Thurs
Time: 9 a.m. - noon.
Fee: FREE

PICKLEBALL

Like a game of tennis or badminton, Pickleball is played on a shortened court with a net that is slightly lower than a tennis net using a paddle and small whiffle ball. Nets and equipment are available during open times, or bring your own. Wear comfortable clothing and white soled tennis shoes

When:
Sundays: 10:30 a.m.-12:30 p.m.
M / W - 7-9 a.m. - *Beginners*
Tues/Thurs: 7 - 11 a.m.
Thursdays: 5:30 - 7:00 p.m.
Fridays: 7 - 9 a.m.
Saturday: 9-10:30 a.m. - *Beginners*
Fee: Subject to daily fee or use your CC membership

RE-CREATED CARDS

Are you a crafty person? Join us to make new cards from used cards.

When: 2nd Tuesday
Time: 10:30 a.m.-Noon
January: Elaine Habeck
Gwen Ellingson
February: Carole Hedlund
Pat Tagtow

POTLUCK

Gather with friends (old and new) to enjoy a MN Potluck. Please bring a dish to share.

Desserts: We would like to have 2-3 desserts provided. If you would like to bring a dessert, please contact Carla at 952-233-9516 to sign up for dessert.

When: 3rd Monday
Time: 12-2 p.m.
Fee: FREE

‘MUST SEE’ MOVIES’

No need to sneak your snacks in here, we’ve got it covered! Plan for 2 hours.

January 10: ‘Gran Torino’
January 24: ‘An Affair to Remember’
February 14: *NO MOVIE*
February 28: ‘Bucket List’
When: 2nd & 4th Wednesday
Time: 1 p.m.
Fee: FREE
Please RSVP - 952-233-9516

Need 5 signed up to show the movie.



BINGO

Bingo is fun for everyone! Join your friends for a few games of fun.

When: 1st Wednesday - .10/card
3rd Wednesday - Prizes
Time: 1 - 3 p.m.
Fee: FREE

MAHJONGG – NEW!!

Mahjongg is back and more fun than ever. Blending elements of rummy and dominos, it’s lively, addictive and entertaining for everyone. We welcome you to join in the fun.

When: Thursdays
Time: 1 - 3 p.m.
Fee: FREE

SR. SOCIAL/FITCHECK

Join your friends or meet new ones and enjoy a mid-morning snack. Bring a snack to share with others. Each month we will offer free fitness checks.

When: 3rd Friday
Time: 9 -11 a.m.
Fee: FREE

QUALITY FOOTCARE

Quality Footcare, a licensed foot care company will provide foot care to seniors with various foot conditions. A foot soak, filing, nails/corns/calluses, trimming, and foot massage for circulation. **Register one week prior.**

When: Friday
January 12 QF 112
February 9 QF 209
Fee: \$32

EDUCATIONAL CLASSES & DISCUSSIONS

Safeguarding our Seniors: Have the Conversation - Be Empowered

Senior financial abuse is often under-reported and misunderstood. Have you been pressured to provide personal information over the phone or email, received a phone call or letter that you've won a large amount of money? Better Business Bureau and Allianz Life will teach you how to:

- recognize the red flags
- understand the resources
- be empowered to take action

When: Monday, February 26

Time: 10-11 a.m.

Program #: CD 226

Registration Deadline:

Thursday, February 19

'The Upside of Downsizing' – by Gentle Transitions

Thinking of making a future move or just decluttering? With 27 years of experience, Gentle Transitions will offer insight into the move process, tips to help you gain momentum in sorting and valuable local resources that will assist you in decluttering and passing along possessions.



When: Wednesday, March 7

Time: 10 a.m.-12 p.m.

Fee: FREE

Program #: CD 307

Registration Deadline:

Thursday, March 1

"The JFK Assassination: A Fragile Time"

Where were you when JFK was assassinated? After nearly 55 years, this event still sparks discussion and controversy. Join us for a balanced discussion of one of the pivotal events of the 20th century.

When: Wednesday, March 14

Time: 1:30 - 2:30 p.m.

Fee: \$5

Program #: CD 314

Registration Deadline:

Thursday, March 8

Shakopee Historical Society Series – David Schleper

Murder, Mayhem, and Mystery in Early Shakopee

From the bank shooting in 1929 to murders in 1890; from robbing the dead in 1883 to infanticide in 1869; from the man who had two wives in 1879, to the man killed at the water tower in 1985; from the 30 infants and children killed during a whooping cough epidemic to the brothel in Shakopee... we will focus on some of the murder, mayhem, and mystery in early Shakopee.

When: Tuesday, January 23

Time: 1-2 pm

Program #: CD 123

Registration Deadline:

Thursday, January 18

"We Were Here, Too!" African Americans in Early Shakopee

A carpenter, a farmer, a servant...all African Americans, and all living in Shakopee in the 1800s. An African American man who was enslaved, and escaped from Shakopee, a former slave who built a church in St. Paul, an orderly in the Civil War, a piano player and a carriage driver—all from Shakopee.

When: Tuesday, February 6

Time: 1 -2 p.m.

Fee: FREE

Program Code: CD 206

Register Deadline: Thursday,
February 1

Sparkling! Industry in Early Shakopee

Most people know about Amazon and Shutterfly, but long ago, Shakopee had many industries starting in the 1800s. Besides Rock Spring Bottling Company, the mills, and breweries were all part of early Shakopee. Learn about some of the early industry in Shakopee.

When: Tuesday, February 20

Time: 1-2 pm

Program #: CD 220

Registration Deadline:

Thursday, February 15

Health & Wellness

Spring Forest Qigong

The benefits are endless. *Qigong* is an ancient form of traditional Chinese Medicine (TCM), utilizing energy breathing, simple movement, and meditation to help balance and heal the body, mind, and spirit. Instructor, Patricia (Pat) Sheveland is a certified Spring Forest Qigong Practice Leader and Trainer.

When: Tuesday, January 9-February 20

Time: 7-8 p.m.

Fee: \$64 Residents

\$74 Non-Residents

Program Code: HW 109

Registration Deadline:

Tuesday, January 2

Living Well with Chronic

Conditions: Take Charge, Live Fully!

Are you an adult with a chronic health condition or a caregiver for someone with an ongoing health condition? The program will give you the support you need, find practical ways to deal with pain and fatigue, discover better nutrition, exercise, treatment choices and learn better ways to talk to your doctor.

When: Thursdays, January 11-February 15

Where: River City Centre Apts.
205 1st Ave. E – Shakopee

Time: 1-3 p.m.

Fee: FREE

To Sharon at (952) 233-4488

Sharon.Bauer@bhshealth.org

A Matter of Balance

Many older adults experience concerns about falling and restrict their activities. *A Matter of Balance* is designed to reduce the fear of falling, stop the fear of falling cycle, and improve activity levels among older adults. Learn practical strategies to manage falls, view falls as controllable, set goals for increasing activity, and exercise to increase strength and balance.

When: Thursdays, March 1-April 19

Time: 1-3 pm

Fee: \$2

Program #: MOB 301

Registration Deadline:

Wednesday, February 21

Line Dancing

Let's get together for a little fun and exercise! Now offering Beginners Level I (No dance experience required) and Beginners Level II (some experience). Line dancing offers low impact activity and provides excellent therapeutic exercise for our body, mind and soul. Learn a variety of line dance steps to current and classic country, pop and rock music. Please wear comfortable clothing and supportive shoes.

BEGINNERS LEVEL I

Session I

When: Tuesdays, January 9-30

Time: 6-7 pm

Program #: BLD 109

Session II

When: Tuesdays, January 9-30

Time: 7-8 pm

Program #: BLD2 109

Registration Deadline: Monday, January 1

BEGINNERS LEVEL II

Session I

When: Tuesdays, February 20-March 13

Time: 6-7 pm

Program #: BLD 220

Session II

When: Tuesdays, February 20-March 13

Time: 7-8 pm

Program #: BLD2 220

Registration Deadline: Monday, February 12

DAY TRIPS

Winter Escapade

Four weeks of outdoor winter adventure at Cleary Lake Regional Park. We will enjoy the following activities: **Kick-sledding, Nordic Walking, Snowshoeing and Cross-Country Skiing** - Get tips on gear, sizing, and staying warm. Come prepared for the weather with layered clothing and winter boots. All other necessary equipment will be provided. All program will run regardless of the weather unless not enough snow.

When: Tuesdays, January 9, 16, 23, 30

Time: 12 -3: 30 p.m.

Fee: \$55 Resident
\$65 Non-Resident

Program #: ST 109

Registration Deadline:

Tuesday, January 2

Mystery Lunch

Bring a few of your friends and enjoy the mystery of the unknown social lunch destination. Lunch cost is on your own.

When: Friday, February 23

Time: 11 a.m. -2 p.m.

Fee: \$10 (transportation)

Program #: ST 223

Registration Deadline:

one week prior.

National Weather Service Tour (NWS)– Chanhassen, MN

This tour will be a visit to the Weather Forecast Office (WFO) in Chanhassen, MN. The tour will contain a brief history on the background of the NWS, and a walk-through of the weather forecasting, warning operations. Witness the launch of an upper air observation via a weather balloon launch.

When: Wednesday, January 31

Time: 3:30 p.m. – 5:30 p.m.

Fee: \$7 (includes ticket and transportation)

Program #: ST 131

Registration Deadline:

Wednesday, January 24

‘St. Paul Gangster’ Tour

A costumed gangster will guide the group venture through the streets of St. Paul during its roaring hoodlum heyday on an exploration of crooks, crime and corruption. Sees sites where the infamous lived, socialized, committed crimes and were brought to justice in Saint Paul in the 1920’s and 1930’s. Enjoy a Chicken Marsala lunch at the historic Wabasha St. Caves, then a walking tour of the finished and un-finished caves in early 1800’s.

When: Wednesday, February 7

Time: 8:30 a.m. – 3 p.m.

Fee: \$60 (includes ticket, lunch and transportation)

Program #: ST 207

Registration Deadline: Monday, Wednesday, January 17

‘Ava to Eternity’ – SideKick Theatre

In this musical, Francis Albert Sinatra, is just another kid from Hoboken who wants to make it big and become a star. Watch as he finds out just how rough a path lies ahead of him. Experience his professional rise and fall from grace, his tempestuous romance with Ava Gardner, and his triumphant Oscar-winning career turnaround in ‘From Here to Eternity.’ This story will illuminate the complex psyche behind the piercing blue eyes and unforgettable voice of Frank Sinatra.

When: Wednesday, March 21

Time: 11 a.m. – 4 p.m.

Fee: \$58 (includes ticket and transportation)

Program #: ST 321

Registration Deadline:

Wednesday, February 28

Senior Advisory Board Meetings

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Senior Advisory Board meetings held monthly – first Tuesday.

A summary of each monthly meeting will be provided in the bi-monthly Newsletter.

Any questions, requests or concerns, please contact Carla or one of our Advisory Board Members. We will discuss address the need at our upcoming meetings

SPECIAL EVENTS

Crockpot Casserole Challenge

Participate in the Crockpot contest by bringing your best crockpot concoction. Use any recipe, but you must use a crockpot. Prizes for 1st, 2nd & 3rd place winners.

If cooking is not your thing – be a Judge!

Judges are needed to taste test and select winners!



Monday, January 29

Noon-2 pm

Program #: SE 129 - Registration Deadline: Monday, January 22



Brunch FOR YOUR Valentine

Celebrate Valentine's Day with your favorite love songs, favorite food and favorite friends!

FEE: \$10

Wednesday, February 14
10:30 a.m.

Music: Shawn Sweeney
Singer, Humorist, Musician

Meal: scrambled eggs, sausage, cheesy potatoes, fruit, & muffins.

Catered by: Annie's Café, Belle Plaine

Program #: SE 214


Registration Deadline: Wednesday, February 7



JANUARY

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	1 Community Center Closed Happy New Year!	2 7-11 am Pickleball 9-Noon Cards & Conversation	3 7-9 am Pickleball Beginners 1-3 pm Bingo	4 7-11 am Pickleball 9-Noon Cards & Conversation 1-3 pm Mahjongg 5:30-7:00 pm Pickleball	5 7-9 am Pickleball	6 9-10:30 am Pickleball - Beginners
7 10:30 am-12:30 pm Pickleball	8 7-9 am Pickleball Beginners 10:30 am Recreated Cards	9 7-11 am Pickleball 9-Noon Cards & Conversation <i>*11:30-4 pm Winter Escapade</i> *6-7 pm Line Dancing I *7-8 pm Line Dancing II	10 7-9 am Pickleball Beginners *1:00 pm Movie: 'Gran Torino'	11 7-11 am Pickleball 9-Noon Cards & Conversation 1-3 pm Mahjongg 5:30-7:00 pm Pickleball	12 7-9 am Pickleball *9 am-Noon Quality Footcare	13 9-10:30 am Pickleball - Beginners
14 10:30 am-12:30 pm Pickleball	15 7-9 am Pickleball Beginners *12-2 pm Potluck	16 7-11 am Pickleball 9-Noon Cards & Conversation <i>*11:30-4 pm Winter Escapade</i> *6-7 pm Line Dancing I *7-8 pm Line Dancing II	17 7-9 am Pickleball Beginners *10:30-3:30 pm – <i>Sister Act Play Chan. Dinner</i> *1-3 pm Bingo & Prizes (RSVP)	18 7-11 am Pickleball 9-Noon Cards & Conversation 1-3 pm Mahjongg 5:30-7:00 pm Pickleball	19 7-9 am Pickleball 9:00 am Sr. Social FitCheck: TBD	20 9-10:30 am Pickleball - Beginners
21 10:30 am-12:30 pm Pickleball	22 7-9 am Pickleball Beginners	23 7-11 am Pickleball 9-Noon Cards & Conversation <i>*11:30-4 pm Winter Escapade</i> *1-2 pm Murder, Mayhem' & Mystery' *6-7 pm Line Dancing I *7-8 pm Line Dancing II	24 7-9 am Pickleball Beginners *1:00 pm Movie: 'An Affair to Remember'	25 7-11 am Pickleball 9-Noon Cards & Conversation 1-3 pm Mahjongg 5:30-7:00 pm Pickleball	26 7-9 am Pickleball	27 9-10:30 am Pickleball - Beginners
28 10:30 am-12:30 pm Pickleball	29 7-9 am Pickleball Beginners *12 pm Crockpot Casserole	30 7-11 am Pickleball 9-Noon Cards & Conversation <i>*11:30-4 pm Winter Escapade</i> *6-7 pm Line Dancing I *7-8 pm Line Dancing II	31 7-9 am Pickleball Beginners *3:30 – 5:30 pm <i>National Weather Service Tour</i>	*Pre-Registration Required – On-line @ www.shakopeemn.gov Walk-in – to CC front desk Bold: Trips, Events, Speakers		

FEBRUARY

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
				1 7-11 am Pickleball 11:30-1:30 pm Shuffleboard 9-Noon Cards & Conversation 1-3 pm Mahjongg 5:30-7:00 pm Pickleball	2 7-9 am Pickleball	3 9-10:30 am Pickleball - Beginners
4 10:30-12:30 pm Pickleball	5 7-9 am Pickleball Beginners *10-11 am "Safeguarding Seniors" - BBB	6 7-11 am Pickleball 9-Noon Cards & Conversation *1-2 pm 'We Were Here Too, African Am. in Shakopee	7 7-9 am Pickleball Beginners *9 -3 pm <i>St. Paul Gangster Tour</i> 1-3 pm Sr. Bingo	8 7-11 am Pickleball 11:30-1:30 pm Shuffleboard 9-Noon Cards & Conversation 1-3 pm Mahjongg 5:30-7:00 pm Pickleball	9 7-9 am Pickleball 9 am-Noon Quality Footcare	10 9-10:30 am Pickleball - Beginners
11 10:30 am-12:30 pm Pickleball	12 7-9 am Pickleball Beginners 10:30 am Recreated Cards	13 7-11 am Pickleball 9-Noon Cards & Conversation	14 7-9 am Pickleball Beginners *1:00 pm No Movie: *10:30 am <i>Valentine Brunch</i> 	15 7-11 am Pickleball 9-Noon Cards & Conversation 1-3 pm Mahjongg 5:30-7:00 pm Pickleball	16 7-9 am Pickleball 9:00 am Sr. Social FitCheck: TBD	17 9-10:30 am Pickleball - Beginners
18 10:30 am-12:30 pm Pickleball	19 7-9 am Pickleball Beginners *12-2 pm <i>Potluck</i>	20 7-11 am Pickleball 9-Noon Cards & Conversation 1-2 pm 'Sparkling Industry /Shakopee *6-7 pm Line Dancing I *7-8 pm Line Dancing II	21 7-9 am Pickleball Beginners 1-3 pm Bingo & Prizes (RSVP)	22 7-11 am Pickleball 9-Noon Cards & Conversation 1-3 pm Mahjongg 5:30-7:00 pm Pickleball	23 7-9 am Pickleball *11-2 pm <i>Mystery Lunch</i>	24 9-10:30 am Pickleball - Beginners
25	26 7-9 am Pickleball Beginners *10-11 am BBB Safeguarding our Seniors	27 7-11 am Pickleball 9-Noon Cards & Conversation *6-7 pm Line Dancing I *7-8 pm Line Dancing II	28 7-9 am Pickleball Beginners *1:00 pm Movie: 'Bucket List'	*Pre-Registration Required – On-line @ www.shakopeemn.gov Walk-in – to CC front desk Bold: Trips, Events, Speakers		